



Every year, one
in four people
suffers from a
mental health
concern.

1in4

Throughout the month of January, the 1in4 campaign will attempt to raise awareness of mental health concerns and reduce the stigma to seeking help.

According to the National Alliance on Mental Illness (NAMI), one in four people suffers from a mental health disorder every year. Unfortunately, stigma is one of the greatest barriers to achieving and maintaining optimal mental health, especially for employees in the workplace. The 1in4 campaign focuses on normalizing the need for behavioral health resources and removing barriers for those who want to access care.



www.1in4.info



@1in4info #replacestigmawithsupport